



valley DENTAL health

Periodontal Treatment Post-Op Instructions

Follow all home care instructions exactly as provided by your dentist. Your follow up hygiene appointments are important to the success of your treatment. Please keep all scheduled appointments so that we can monitor the health of your teeth and gums.

If you experience pain or discomfort, you may take over-the-counter, non-aspirin pain medication.

Avoid eating foods that are crunchy, spicy or hot. For example: chips, raw carrots, fried foods, and foods with small seeds.

Brush your teeth today even if the gums are tender. Plaque is constantly forming in the mouth, brushing is an important step to removing plaque and preventing repeated buildup.

Flossing today is not necessary if you are experiencing too much sensitivity. Resume normal, daily flossing tomorrow.

**If you have any questions or concerns - big or small, contact our office:
410.666.1178**

For more information, please visit our website www.valleydentalhealth.com